



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

August–September 2017

SINCE 1991

## HB CERT HIGHLIGHTS

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CLASS 1

### Fourth of July CERT First Aid Booth

By Richard Batistelli

The recent celebration of the Fourth of July, 2017 in Huntington Beach was both exciting and traditional. It included aircraft flyovers, marching bands, homemade floats, decorated cars and trucks with soldiers and local citizens atop. Each parade entry included an American Flag flying proudly and the large audience saluted and clapped their appreciation.

Also, ever present, was the CERT First Aid Team, led by its Red Cross trained leader, Susan McClaran. Located at the end of the parade route, at Main and Clay Streets, Susan's experienced team of volunteers, including Judy Ann Morris, Mimi Irvin and our Cert Coordinator, Carol Burtis, were able to supply aid and comfort to both parade watchers and participants.

With water hydration being the main issue of the day, they handed out hundreds of cool water bottles to one and all at the conclusion of this enormously successful event. But they also honed their medical skills as they dealt with several scrape and slip/fall accidents, as the fatigued attendees returned to their cars.

All of the CERT volunteers agreed that they will return next year, same time and place, to help at this popular community event.  
(see page 7 for photos.)

### CERT July 13, 2017 General Meeting

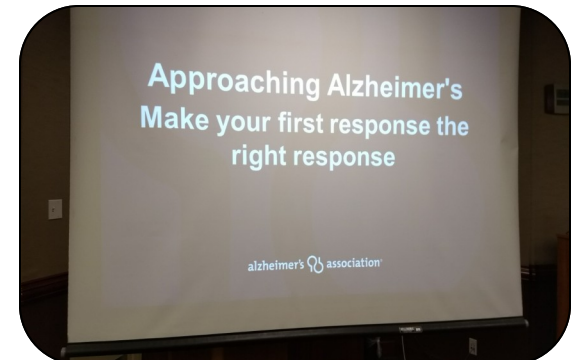
By Raji Shunmugavel

Susannah Morales (MSW) and Larissa Haiker (MSW) from Orange County Chapter of the Alzheimer's Association spoke on Alzheimer's disease at our July 13, 2017 meeting.

The Merriam-Webster's dictionary definitions for Alzheimer's and Dementia are a "degenerative disease of the central nervous system characterized especially by premature senile mental deterioration and a condition of deteriorated mentality." It is considered a form of mental illness.

The speaker talked about the symptoms of wandering and the need to contact or call the police to approach the person and handle the situation. In a disaster situation, mental health trained special volunteers must handle them as extra skills are required.

One participant shared his workplace experience including how to identify and protect an affected individual and then place them in a safe environment. In a similar fashion, during a disaster, people with Alzheimer's & Dementia must be identified and placed in a protective environment.



## Sunset Beach Disaster Expo, July 15, 2017

*By Richard Batistelli*

Asked to update the residents of Sunset Beach on the multitude of potential natural disasters that may befall their beautiful community, veteran CERT booth team members, Roy Alzua and Richard Batistelli, were dispatched to counsel them. Aided by their vast experience and knowledge of disaster preparedness regarding such topics as earthquake, fire, flood and tsunami response, Roy and Richard ably answered a variety of questions on those subjects.

This annual pancake breakfast and disaster expo was held at the Sunset Beach Nobles Family Community Building (a former county fire station) and attended by about 200 local residents and visitors. Other informational tables included the American Red Cross and the Huntington Beach Marine Safety Division.

Huntington Beach CERT volunteers are always ready and willing to attend local community events to answer questions regarding personal disaster preparedness.



## Huntington Beach 2017 US Open of Surfing

*By Susan McClaran*

Once again, we had another successful and fun-filled US Open event. The event began on Saturday, July 29<sup>th</sup> and ended Sunday, August 6<sup>th</sup>. This year our First Aid Tent was moved to a more visible location, right in front of Dwight's and right behind the Skate/BMX Bowl. Because of increased visibility, CERT volunteers were able to assist over 300 folks with their injuries.

I am happy to say most injuries were minor and for the most part we were dealing with cleaning and bandaging cuts and scrapes. We handed out MANY bandages and some ice packs too and dealt with one diabetic emergency. There were a few heat related issues but not anywhere near the level we have seen in the past, which is really good news, especially given the humidity we faced the first few days.

EMT's were called to the tent on several occasions, including a young girl who was stung by a bee. We always have them come and check bee stings. We had three individuals taken to the hospital; one was an event staff worker who suffered heat exhaustion and two others who ended up taking themselves, after being "pounded" by the powerful shore-breaking waves. One person had a possible dislocated shoulder and our very last person of the event, a young lady who ended up with her face and mouth badly cut open.

On one day the beach had to be evacuated due to lightning threat. The event and our First Aid Tent were shut down at approximately 4:45pm on Tuesday, August 1<sup>st</sup>. I understand the City Officials, Fire Department and Marine Safety were pleased with how well the evacuation went and how the people cooperated. It was very organized and went off well without any issues. In fact the entire U S Open event was very peaceful and our police or fire department did not have to contend with any major disturbance.

One issue this event seems to have each year is the dreaded "Parking Situation". It seems like we can't keep our volunteer parking spots no matter what we do, so I would like to give a special "shout out" to Phil Burtis who came to the rescue with the white fire vehicle and protected our spots until volunteers arrived. Nobody was going to mess with Phil and his truck.....so thank you so much Phil! It made everything so much easier and I appreciate you taking time to help us.

Our Fire Department was wonderful....as always! We had the pleasure of working with a few Battalion Chiefs and their crews each day. Battalion Chiefs included: BC Dave McBride, BC Mark Daggett, BC Marty Ortiz and BC Tim Andre. I would like to extend a very special "Thank you" to all of them for the support and courtesy they provided us. We appreciate all you do for us and our community.

(continued on page 3)



## Huntington Beach 2017 US Open of Surfing

(continued from page 2)

Speaking of wonderful.....our CERT volunteers! Without you, we could not do this, so thank you, thank you, thank you! We had fun and met some folks that were visiting our beaches for the first time. We saw many familiar faces of the regulars who live here and come each year to this great event. Our volunteers were able to use their skills to help others. Special thanks to the following individuals for taking time out of your busy schedule to help out:

Team Leads: Melisse Bridges, Mimi Irvin, Stephanie Deagle, Linda Vollmar, were supported by: Judy Ann Morris, Raji Shunmugavel, Linda Vircks, Roy Alzua, Cynthia Goebel, Bob Zamalin, Janice Goodwin, Karen Robinson, Ken Robinson, Larry Jones, Barbara Scott, Brenda Welch, John Bishop, Maria Young, Gaby Menendez, Bunny Slaughter, Susan Atchison, Jeanie Berman and our leader, Carol Burtis.

(See pages 8 and 9 for photos)

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## US Open of Surfing July 29 – August 6, 2017

*By Raji Shunmugavel*

In preparation for the US Open of Surfing, all CERT Volunteers who planned to work the Open had to attend a First AID, CPR and AED class to obtain or renew their certification. For me, the class was a big help as a refresher and skill improvement.

I volunteered to work three shifts this year and to be a standby volunteer for the entire event. CERT is all about emergency preparedness, so in the event a volunteer has either a family emergency, or something happens during the event, we need trained volunteers to fill in. There were several more volunteers who stood by.

The duties included documenting the incidents (even if two bandages were given out), washing and cleaning the wounds, applying bandages and calling the EMTs. We would try to keep the injured person calm and interact with them.

During the non-busy hours our team leader taught us how to use a tourniquet to control heavy bleeding which enhanced our skills.

Our dedicated, energetic, First Aid Team Leader, Susan McClaran, was there for all the shifts and took charge of anything and everything. At my third and last shift, she handed out an US Open Volunteer Evaluation form which requested suggestions for improvement, any scenarios that we felt need more training, and what we enjoyed the most.

Susan's involvement and her skills influenced a lot of CERT members to volunteer and enjoy this event.

## First Aid Tent US Open of Surfing

**July 29 – August 6, 2017**

*By Cynthia Goebel*

New to me this year was a large, most impressive sand sculpture introducing the US Open.

As a First Aid volunteer, I prefer the early morning shifts, early in the week. It was very quiet for the first hour, then people began appearing. Fortunately their needs were fairly simple – Band-Aids. Did we have sunscreen or aspirin or bottled water? Sorry, no.

Gradually as the crowds increased, folks with blisters, scraped knees, cut feet, slivers from the boardwalk, a surfer with an arm injury, made their way to the tent.

By the end of the morning shift, approximately 15 people had received attention. By day's end the needs of 30+ people had been recorded.

All of this ran very smoothly due to the advanced planning and presence of Susan McClaran, our First Aid Team Leader. She ensured the volunteers were up to date on their training. She had the schedules, information sheets and photos of our parking spaces and tent in our hands well before the beginning of the event. She was there for us!

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## National Night Out

*By Phil Burtis*

On Tuesday, August 1, 2017, children and families came out for the annual National Night Out in the parking lot outside the Target store on Adams Avenue. The event is held nationally in support of Neighborhood Watch, Neighbors Helping Neighbors and other crime watch and prevention groups. About 20 social service groups and businesses were in attendance.



Carol and Phil Burtis represented CERT. They passed out emergency preparedness information and demonstrated how to shut off a gas meter. Robert Zamalin represented RACES/emergency communications and did a lot of gas meter

(continued on page 4)

## National Night Out (continued from page 3)

demonstrations as well. The Emergency Management Volunteer Response Unit served as their booth for the event and several kids came in for a look at the trailer.

The Fire Department had an engine there and gave out goodies and let the children up in the cab for photo opportunities.

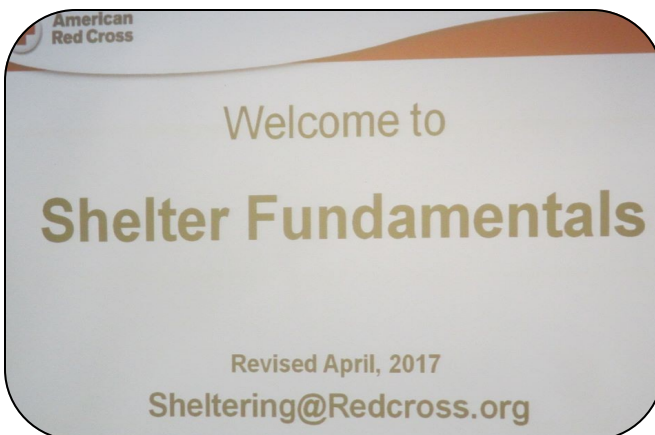
The Police Department staged demonstrations of its K9, SWAT, motorcycle and patrol units. They talked with residents and handed out stick-on badges to children and also had several photo opportunities.

There were activities for children including fingerprinting, games, face painting, live music, magic acts and a raffle. The Lions Club had a hamburger and hot dog stand with the money going to benefit Huntington Beach Neighborhood Watch.

### Red Cross Shelter Fundamentals Class

*By Raji Shunmugavel*

On Saturday, August 12, 2017, two instructors, John Luong and Dave Moodie, came from the Los Angeles American Red Cross to our Huntington Beach Civic Center to teach a class in Shelter Fundamentals. For me, the class was a refresher, as I had attended Red Cross Shelter Fundamental classes several times.



The class was organized so half the time the participants were staff and the other half we were clients. This gave each participant two different viewpoints. The staff's job was to help those in need. As staff you had to have skills in many areas. The other half of the class had the experience of registering as clients, without a place to live and having many needs.

Everyone received a participant guide, a Power Point presentation, videos and a practice session in registering each client. The Mass Care Lead taught the staff group how to document each client by paying

close attention to the individual needs of each person. All clients had the needs of shelter, food and water, but there were many other individual problems. Families being separated, age differences, medical problems, mental problems, allergies, speaking different languages, pets, unruly clients and security were just a few of the skills a staff member must acquire to help in a shelter.

Communication is very important. As clients, we had to clearly tell the registrar at the registration area our problems in order to receive the help we needed. Playing the role of client was not easy. You have an acting role to play. You could be twenty five and your acting role is a seventy year old person with a medical problem and separated from their family.

Documentation is very important. In an American Red Cross Shelter everyone is welcome regardless of race, creed or nationality. The staff needs to be sensitive of every culture's needs. Most clients of different cultures, if possible, in a disaster try to bring some food and other needs for a few days until the staff can meet some of their requests. The Mass Care Lead taught the need for clients to consider bringing some necessities such as foods eaten in their culture, diapers and undergarments, medicine, and personal items whenever possible.

Many times there are no translators, so if there are no forms to write on for each language, use plain paper. Hopefully, clients can write their information on the plain paper. Many times a client entering the shelter will speak more than one language and they may volunteer to translate. As the shelter becomes organized, staff with the ability to translate may arrive and more volunteers may come forward to help.

John Luong suggested an exercise to better understand a person who may have illegible writing or a vision problem. We practiced our signatures by switching to our non-dominant hand or, if we wore glasses, taking them off and trying to read the form. During the registration process, we may run across people who fail to bring their reading glasses and are unable to see well enough to fill in forms.

After a short lunch break, the afternoon classes started. My group was shown the American Red Cross Logistics Trailer. Setting up the shelter was not as easy as imagined. Setting up the living area of a shelter takes planning. As an example: we were taught how to set up cots. Setting up a simple cot was easy. There were special cots for special needs, such as back injuries. This cot was heavier than the regular one so we had to practice carrying the cot, opening and closing it so as not to injure ourselves. Strong staff members are needed for this job.

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## Red Cross Shelter Fundamentals Class (continued from page 4)

The Mass Care Lead showed all the equipment needed to set up a safe kitchen and the equipment to provide hot water, hand washing, dish washing and gloves. He informed us of the proper temperatures to keep food safe to eat. Safety in the kitchen is very important.

Appropriate temperatures:

Hot food kept at 135 °F (57 °C) or higher

Cold food kept at 41 °F (5 °C) or lower

The classes were very informative and my goal was accomplished. I reviewed my skills and learned a few new ones.



### The Importance of Community and Neighbors to Survival

By Gaye Levy, Backdoor Survival

[www.backdoorsurvival.com/importance-of-community-and-neighbors](http://www.backdoorsurvival.com/importance-of-community-and-neighbors)

There is no question about it. I am a sometimes recluse. I enjoy my home, my dog and my little family of two and can go for days without talking to anyone else outside these four walls. Given a choice of staying home and watching a classic period piece on TV or going to a party with dozens of people, well, the choice for me is clear.

Yet from time to time, it feels good to be a social butterfly. Get me out on the dance floor or at a small gathering and I will bloom and shine. And so it is. We as humans crave our privacy while at the same time we long for the intensiveness of a satisfying social experience.

So how do we find the right balance, especially when it comes to living the preparedness lifestyle? On the one hand we need to feel secure that our “stuff” is safe

and that our painstakingly-gathered preps will be there for our use when and if we need them. On the other hand, we need to defend ourselves, our homes and our loved ones from physical harm. Is this something we can do on our own, in isolation, or would we be better served with some help?

### Who's Your Neighbor?

Over the years, being a good neighbor has become somewhat of a cliché. A good neighbor watches the house when you are gone, loans you a cup of sugar when you run out and babysits your pooch while you are on vacation. But cliché or not, a by-product of our modern society is that with improved communications, cell phones, texting, and the internet, people are increasingly interacting primarily with a digital device. And not only with the next door neighbor but with folks around the world.

Basically, the idea of a neighborhood has expanded and includes anyone and everyone with a common interest and not just someone who happens to live nearby. The problem with this, though, is that a texting buddy hundreds or even thousands of miles away will not be able to help you out in times of need. After all, a method for watering your neighbor's lawn over the internet has not been invented yet.

### Neighbors Helping Neighbors

I would like to propose that for the purpose of prepping, we go back to the old-fashioned definition of a neighborhood and a community that is created by pulling together folks in close proximity and with common interests.

[Wikipedia](#) has a definition of neighborhoods that I particularly like:

*A neighborhood is a geographically localized [community](#) within a larger city, town or suburb. Neighborhoods are often social communities with considerable face-to-face interaction among members. “Researchers have not agreed on an exact definition. Neighborhood is generally defined spatially as a specific geographic area and functionally as a set of social networks. Neighborhoods, then, are the spatial units in which face-to-face social interactions occur – the personal settings and situations where residents seek to realize common values, socialize youth, and maintain effective social control.”*

The best of such communities are those where the individuals have taken the time to get to know each other by learning each other's names, sharing emergency contact numbers and agreeing to look out for each other. This can be as simple as checking on neighbors after a storm, flood or power outage or as complex as have a well-organized block watch that will descend upon bad guys targeting the streets after dark.

(continued on page 6)



## **The Importance of Community and Neighbors to Survival (continued from page 5)**

Okay, you say that sounds good but my neighbor is a beer-guzzling jerk and I want nothing to do with him. Fine, like family, you cannot always pick your neighbors and again, like family, you may not even like them. But that does not mean you should not nod a hello from time to time. After all, this very same neighbor may be the one to call the cops when he sees a prowler or the fire department when he sees unusual smoke coming from your home. That said, it does not mean that you need to become friends or invite them for dinner. Just a friendly hello from the front porch or parking lot may be all that it takes to have an extra set of eyes watching your back.

### **Getting Out into the Community**

There are many ways you can involve yourself in your immediate community without giving up too much of your personal privacy or personal security. (The more people you know, the more people you have watching out for you.)

Here are some ideas to get you started:

**Participate in community theatre.** *No acting or singing required. You can work backstage, help build sets, work as an usher, or like Survival Husband and myself, be the featured dancers on stage during the annual musical production.*

**Beautify your neighborhood.** *Where I live, we volunteer to walk an assigned section of the trails system so that we can report hazards, fallen trees and other woes to the trails committee. We also routinely pick up trash at a secluded pond frequented by those without regard for the environment. Many communities have programs where you can get outside, get some exercise, meet people and beautify the neighborhood.*

**Join CERT.** *CERT stands for Community Emergency Response Team. This program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. For more information, go to the [CERT website](#).*



**Join the Red Cross.** *Talk about meeting like-minded people and doing good as well! The American Red Cross (or the Red Cross in your own country) has tons of opportunities to not only meet people who care about preparedness and self-reliance, but also affords you an opportunity to do some real good helping those suffering following a disaster of crisis.*

### **The Final Word**

Being prepared is a lifestyle that involves much more than storing food, preserving water, and learning to use a firearm. Being prepared means having the tools and the wherewithal to face life and all of its hazards and impediments head-on and without hesitation.

It is my belief that to survive, people have to learn to rely on each other and what better way than to get to know your like-minded neighbors and others in your community? Working together and planning together you can create a more effective defense in the event of an emergency. Sometimes, the old saying about strength in numbers really does apply.

**Huntington Beach CERT is offering a weekend Basic CERT class beginning on Friday night, October 20, 2017. For more information on enrolling, go to: [http://www.surfcity-hb.org/government/departments/fire/cert/cert\\_class\\_detail.cfm?ID=71](http://www.surfcity-hb.org/government/departments/fire/cert/cert_class_detail.cfm?ID=71)**

### **An Announcement by the National Weather Association**

When the National Weather Association gets to town September 16-21, 2017 in Southern California for their 42nd Annual Meeting, the focus will be on learning. But for the kickoff event for the public on Saturday, September 16th, the learning will come with a double helping of fun with many "hands-on" activities to engage children and adults!

Kids will love building their own solar powered house, making a tornado in a bottle and playing fun weather games while they collect stamps on their very own WeatherReady Passports to earn cool weather stickers and prizes!

Adults will love learning about making their homes hurricane resistant, how sea level rise could impact the Southern California area, and talking with weather experts.

Everyone will love seeing equipment from the local news and emergency management agencies, as well as meeting local and national meteorologists.

The National Weather Association WeatherReady Fest will take place at the Discovery Cube in Santa Ana in Orange County on Saturday, September 16, 2017 from 10:00 AM until 4:00 PM. You must purchase admission to the Cube in order to attend WeatherReady Fest. See page 10 for flyer.

## 4 th of JULY 2017 PARADE





US OPEN OF SURFING, JULY 29 THROUGH AUGUST 6 CERT 1ST AID TENT





**US OPEN OF SURFING, JULY 29 THROUGH AUGUST 6 CERT 1ST AID TENT  
(Continued)**





## A Day of Family-Friendly Weather Games and Activities Is Coming To The OC!



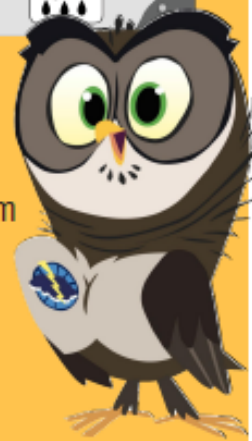
The National Weather Association is coming to Orange County September 16-21, 2017 for its Annual Convention. Meteorologists from all over the country will be learning, sharing ideas, and reaching out to the community. Part of that is our huge public offsite event that has something for everyone.



- Over 50 exhibitors
- Hands-on activities including NOAA's Young Meteorologist Program
- Fun learning games and activities
- Owlie Skywarn
- The OU WeatherFriends
- Jim Cantore from The Weather Channel
- Prizes
- And much more!



WeatherReady Fest 2016 drew over 3,500 kids, parents, grandparents, couples, and individuals to the Nauticus Naval Museum waterside in Norfolk, Virginia for weather learning activities, fun games, speakers, and a weather preparedness stage show.



**Help Us Reach Out and Get Sponsors  
Sign Up To Be An Exhibitor or Volunteer at WeatherReadyFest.com**

**Donations Are Tax Deductable  
Sign Up To Be An Exhibitor or Volunteer at WeatherReadyFest.com**

For more information, visit [WeatherReadyFest.com](http://WeatherReadyFest.com)

Follow us on Twitter @WeatherReady17





## Huntington Beach Community Emergency Response Team 2017 schedule

HBCERT Events 2017	Date	Details
Senior Saturday	Saturday, Sept. 9 <sup>th</sup>	HB CERT Event Support
CERT September Monthly General Meeting	Thursday September 14 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
CERT Fall Basic Training	August, October or November 2017	Training for membership Time & Location TBD
HB Air Show	Sept. 30-Oct. 1	HB CERT Event Support
CERT October Monthly General Meeting	Thursday, October 12 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
Fire Department Open House	Saturday, Oct. 14	Additional details 10a-2p CNET fire station HB CERT Event Support
Huntington Beach Hospital Flu Shot & Health Fair	TBD*	Time TBD
CERT November Monthly General Meeting	Thursday, November 9 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center
CERT December Monthly General Meeting	Thursday, December 14 <sup>th</sup>	6:30pm-8:00pm Room B7 in the Civic Center

\* Event dates will be announced as they become available

\*\* Events may be added or removed to the calendar

## CITY OF HUNTINGTON BEACH CERT

### *Neighbors-Helping-Neighbors*

**MISSION STATEMENT:** The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

#### Upcoming CERT Events & Activities

- CERT General Membership Meeting, Presenters: Surf City Animal Rescue Team, 6:30 PM September 14, 2017 in B8
- CERT General Membership Meeting, Electrical Safety: Presented by So Cal Edison, 6:30 PM October 12, 2017 in B8
- CERT Basic Training Class, Rodgers Senior's Center, October 22 through 22, 2017, sign up on City website

#### CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- Saturday, September 9, 10:00 am – 1:00 pm
- Wednesday, September 20, 6 :00pm – 9:00 pm
- Saturday, October 14, 10:00 am – 1:00 pm
- Wednesday, October 25, 6 :00pm – 9:00 pm
- Saturday, November 18, 10:00 am – 1:00 pm
- Saturday, December 9, 10:00 am – 1:00 pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

CERT NEWSLETTER STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Anna Pinter, Cynthia Goebel, Carol Nehls, Bob Zamalin, Rajarajeswari (Raji) Shunmugavel, Barbara Scott

### **IMPORTANT ANNOUNCEMENT!**

**CERT Website:** [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) **CERT Contact:** [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
**CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)**